

Leisure-On-The-Go

Leisure-On-The-Go is a work unit within the Senior Citizen Programs Division of the city of Las Vegas Department of Leisure Services. This unit works directly to serve low-income seniors who reside in the following Housing Authority and/or mobile home sites:

- Archie C. Grant Park
- Stella Fleming Towers
- Rulon Earl Mobile Home Park
- Three Crowns Mobile Home Park
- Robert Gordon Plaza
- Villa Borega Mobile Home Community

From special events and workshops to day trips and a community garden, **Leisure-On-The-Go** is a great example of how we strive to provide programs and services to a wide array of senior citizens. For more information, please contact Stephanie Richard at 229-4160. 🌅



Community gardens offer opportunities for socialization, development of community pride, sustainability, and fresh grown produce. Participants actively utilize daily living skills while being involved in a rewarding educational and recreational experience. Call Delfina at **229-6690** for more information.



REACHING OUT TO YOU!

Field Trips • Recreation
Play • Adventure • Fun
Diversity • Education • Socialization



Mayor's Healthy Lifestyle Initiative

Committing to an Improved Quality of Life

Mayor Goodman's vision of a healthy and active community starts with each one of us getting smart, getting up, and getting out. Our award-winning parks, recreation centers, cultural centers, swimming pools, and sports complexes offer something for everyone. In addition, our trail systems throughout the city provide ample opportunities for walking, bicycling or jogging.

So we invite you to join us today to begin living beyond the neon. But if you're at all apprehensive about getting involved, or really don't know where to start, please speak with a staff member. We're committed to working together with you to meet your leisure time needs as well as to improve your quality of life. You also can visit www.getfitlasvegas.org to view any special events planned with the Mayor. 🌅



Senior Citizen Programs Division
749 Veterans Memorial Drive, Las Vegas, NV 89101
www.lasvegasparksandrec.com

Las Vegas City Council
Mayor Oscar B. Goodman
Mayor Pro Tem Gary Reese, Ward 3 - Councilman Steve Wolfson, Ward 2
Councilwoman Lois Tarkanian, Ward 1 - Councilman Steven D. Ross, Ward 6
Councilman Ricki Y. Barlow, Ward 5 - Councilman David W. Steinman, Ward 4 (Interim)
City Manager Elizabeth N. Fretwell - Deputy City Manager Orlando Sanchez
Chief Urban Redevelopment Officer Scott D. Adams
Department of Leisure Services Director Billie M. Bastian



The Las Vegas ACTIVE ADULT

Your Guide to Living Beyond The Neon at 50+

July-September 2009



Archie C. Grant Park



Howard Lieburn Senior Center



Doolittle Senior Center

COMMUNITY GARDENS

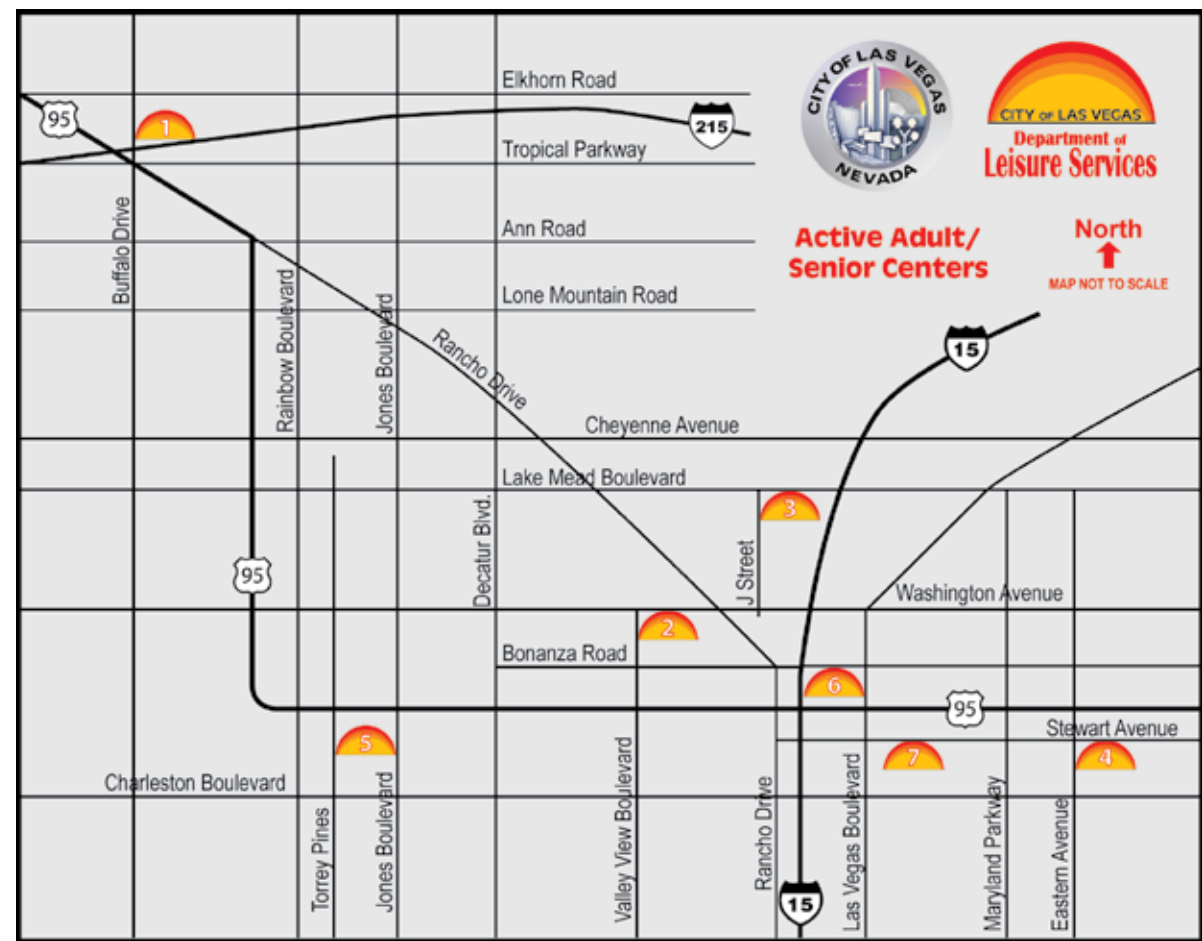
*A Labor of Love and Sharing...
Amongst Friends
(See back cover.)*

Contents

Facility Locations & Contacts.....1	Howard Lieburn Senior Center..... 11
Getting Started2	Las Vegas Senior Center 13
Centennial Hills Active Adult Center3	Day Trips..... 16
Derfelt Senior Center.....5	Upcoming Events 19
Doolittle Senior Center7	Downtown Senior Services Center 21
East Las Vegas Community/Senior Center.....9	Senior Citizens Law Project..... 22

Para información en español, llame al 229-6690.

Facility Locations & Contacts



All facilities closed Friday, July 3 and Monday, Sept. 7.

- 1 Centennial Hills Active Adult Center**Monday-Friday, 8 a.m.-8 p.m.
6601 N. Buffalo Drive 229-1702 *Coordinator: Roney Fuller*
- 2 Derfelt Senior Center**Monday-Friday, 8 a.m.-4 p.m.
3343 W. Washington Ave. 229-6601 *Coordinator: Amy Solich*
- 3 Doolittle Senior Center**Monday-Friday, 8 a.m.-5 p.m.
1930 N. J St. 229-6125 *Coordinator: Nicole Koerwitz*
- 4 East Las Vegas Community/Senior Center**Monday-Friday, 8:30 a.m.-4:30 p.m.
250 N. Eastern Ave. 229-1515 *Coordinator: Trina Lewis*
- 5 Howard Lieburn Senior Center**Monday-Friday, 8 a.m.-4 p.m.
6230 Garwood Ave. 229-1600 *Coordinator: David Walker*
- 6 Las Vegas Senior Center**Monday-Friday, 8 a.m.-8 p.m.
451 E. Bonanza Road 229-6454 *Coordinator: Lettie Peters*
- 7 Downtown Senior Services Center**Monday-Friday, 8 a.m.-5 p.m.
310 S. 9th Street, 1st Floor 229-6690 *Customer Service: Delfina Flores*
- Senior Citizens Law Project**Monday-Friday, 9 a.m.-4 p.m.; **By Appointment Only**
310 S. 9th Street, 2nd Floor 229-6596 *Project Administrator: Sheri Cane Vogel, Esq.*

Summer is in full swing and autumn is just around the corner...which means it's time to get up, get out, and get active at your nearest City of Las Vegas active adult/senior center. This latest edition of **The Active Adult** is chock full of classes, activities, and workshops designed specifically with your leisure-time needs in mind.

The Senior Citizen Programs Division continues to encourage and promote healthy living with programs that offer physical activity, mental stimulation, and social interaction for active adults age 50 and better. I'm sure you'll agree that our facilities are run by top-notch staff. For locations, hours of operation, and phone numbers, please refer to the map on the adjacent page.

Please also feel free to share with staff any comments you may have about the usefulness of this publication. We value your input and want to ensure we provide information in a simple and easy format.

Thank you for your continued patronage!

Best Regards,

Ed Jost

Ed Jost
Manager
Senior Citizen Programs Division



Working together with you to meet your leisure-time needs is our priority.

Got some ideas for new programs and activities you'd like to share? We welcome them all! Some of our best classes, workshops, and special events have come directly from suggestions from you, our valued members. Keep them coming!

Getting Started

Classes and activities are subject to change. Fees are per class unless otherwise noted. Please call individual facility to verify times and dates. Annual membership required is \$2. Please register for special events and workshops at least one week in advance. All day trips require advance registration and non-refundable transportation fee; spaces are limited and additional costs are noted. Registration will begin the first business day of the month before the event.

Online registration is also available for activities that include a class code at www.clvbeyondtheneon.com. Please call any facility if you need assistance.



We are committed to recognizing, respecting, and serving our diverse community. We strive to present a broad variety of programs and services that offer a conscious acceptance, education, and inclusion of people of all ages, abilities, and backgrounds.



Park Ambassadors

Get involved today!

Volunteering keeps you active and connects you to the community. **Park Ambassadors** are the eyes of the neighborhood and help keep the parks safe for everyone. In addition, they contribute their time and talents on projects at hospitals and community centers for the holidays and special occasions throughout the year.

Responsibilities include daily inspection of your park and greeting the visitors. Interested volunteers may call Stephanie Richard at 229-4160 for more information. Thank you in advance...we can't do it without you!



Park ambassadors help preserve our parks for a better tomorrow!

♥ = Heart Healthy Activities



Monday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 9 a.m. Strength Training *Free*
- ♥ 9 a.m. Table Tennis *Free*
- 10 a.m. Camera Club **NEW!** *Free*
(1st Monday)
- ♥ 10 a.m. Chair Fitness *Free*
- ♥ 10 a.m. Bowling (Meet at Santa Fe) \$2.25;
plus shoe rental
- 11 a.m. Doolittle Inspirational Singers *Free*
- ♥ 11 a.m. Shuffleboard *Free*
- 12:30 p.m. Sewing *Free*
- 1 p.m. Chess *Free*
- 1:30 p.m. Guitar Club *Free*
Must have completed class to participate.
- ♥ 2 p.m. Nintendo Wii *Free*

Tuesday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 9 a.m. Stretch and Circulation Class *Free*
- ♥ 9 a.m. Blood Pressure Check *Free*
(7/7, 8/4, 9/1)
- 9:30 a.m. Library Outreach *Free*
- 9:30 a.m. Picture Album Club *Free*
- ♥ 10 a.m. 50-Mile Club - Walking Group *Free*
- ♥ 10 a.m. Shuffleboard *Free*
- Noon Bingo *\$0.75 per session*
- 1 p.m. Game Show Games *Free*
- 1 p.m. Quilting Class *\$2*
- ♥ 3 p.m. Nintendo Wii *Free*

Wednesday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- 9 a.m. Community Garden *Free*
- ♥ 9 a.m. Strength Training *Free*
- 10 a.m. Red Hat Divas (3rd Wednesday) *Free*
- ♥ 10 a.m. Chair Fitness *Free*
- 12:30 p.m. Sewing *Free*
- 2 p.m. Nintendo Wii *Free*
- 3 p.m. Shuffleboard *Free*

Thursday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 9 a.m. Stretch and Circulation Class *Free*
- 9 a.m.-noon Intro to Computers *Call*
- 10 a.m. Name That Tune (7/2, 8/4, 9/10) *Free*
- ♥ 10 a.m. 50-Mile Club - Walking Group *Free*
- Noon Bingo *\$0.75 per session*
- 1 p.m. Game Show Games *Free*
- ♥ 2 p.m. Table Tennis *Free*
- 2 p.m. Kings in the Corner *Free*
- ♥ 3 p.m. Nintendo Wii *Free*

Friday

- 8 a.m.-5 p.m. Pinochle, Dominoes, and Games *Free*
- ♥ 8 a.m.-5 p.m. Fitness Room *Free*
- 8 a.m.-5 p.m. Computer Lab *Free*
- ♥ 8 a.m. Table Tennis *Free*
- ♥ 9 a.m. Strength Training *Free*
- 10 a.m. Old Movies Weekly Series **NEW!** *Free*
- 10 a.m. Grief & Loss Support Group *Free*
(1st and 3rd Friday)
- ♥ 10 a.m. Chair Fitness *Free*
- ♥ 11 a.m. Soul Line Dancing *Free*
- ♥ Noon Zumba - Fitness Dance *\$3*
- ♥ 2 p.m. Nintendo Wii *Free*

EVENTS

Please register at least one week in advance.

Name That Tune

Thursdays • 10 a.m. • Free
July 2, Aug. 13 and Sept. 10

Grits w/Toast Day

Wednesdays • 9–11 a.m. • \$1
July 15 (490256) Aug. 12 (491209)
Sept. 23 (491210)

Health is Wealth

Tuesdays • 1 p.m. • Free
July 7, Aug. 4 and Sept. 1

EVENTS (continued)

Current Events Discussion and Goodies

Mondays • 9 a.m. • Free
July 13, Aug. 17 and Sept. 28

Doolittle Cinema and Popcorn

Mondays • 1 p.m. • Free
July 6, Aug. 3 and Sept. 14

Doolittle Senior Quarterly Query

Tuesday, Aug. 18 • 10 a.m. • Free

Clark County Senior Advocate Program

First, second and third Tuesdays of the month
10 a.m.–11:30 p.m. • Free

Monthly Birthday Celebration

Thursdays • 11:30 a.m. • Free
July 30, Aug., 27 and Sept. 24

Healthy Eating Seminars

Thursdays, July 9, Aug. 20 and Sept. 17
10 a.m. • Free

Health Department Health/Shot Presentations

Tuesday, Aug. 25 – Pneumonia
Thursday, Sept. 24 – Shingle
10:30–11:30 a.m. • Free

Nevada State Contractors Board (490220)

Tuesday, July 14 • 11 a.m.–Noon • Free

Elder Abuse Presentation

Tuesday, Aug. 11 • 10:30 a.m. • Free

Friendship Day 2 for 1 (490234)

Monday, Aug. 3 • 11 a.m.–Noon
\$3 for you and your friend

Doolittle’s Fabulous Tea Party (490244)

Thursday, Aug. 6 • 10 a.m.–11:30 a.m. • \$2

All-You-Can-Eat Pinto Beans, Ham & Potluck Cornbread (490407)

Tuesday, Sept. 22
11 a.m.–Noon
\$1 (if you bring cornbread)
\$3 (if you don’t bring cornbread)



EVENTS (continued)

Grandparent’s Day Celebration w/Lillian’s Senior Designers (490247)

Friday, Sept. 11 • Noon–2:30 p.m. • \$3

Food for Health and Soul (475720)

Wednesdays: June 17 and 24, July 1, 8, 22 and 29
10 a.m. • Free

Soup/Salad of the Month

Mondays • 11 a.m.–2 p.m. • \$2
July 20 - *Pasta Salad* (490249)
Aug. 10-*Fruit Salad* (490263)
Sept. 21-*Chicken Gumbo Soup* (490264)

Bunco Blast

Tuesdays, July 21 (490291)
Tuesday, Sept. 22 (490292)
1–3 p.m. • Cost: Free + \$3 gift

Hoagie Wednesdays

11 a.m.–Noon • \$3 per meal
July 1 (490257) Aug. 5 (490258)
Sept. 9 (490259)

WORKSHOPS

Please register at least one week in advance.

Coffee Talk with the Senior Law Project

Tuesday, Aug. 4
10 a.m. • Free

How To Get Great Travel Deals (490458)

Tuesday, Sept. 15
10–11 a.m.
Free

AARP Safe Driving Course

Lower your insurance Premium!
\$12 for members, \$14 for non-members, payable to AARP Instructor.
Wednesday & Thursday
July 1/2-(490226)
Sept. 2/3 (490308)
9 a.m.–1 p.m. both days

Fall Cloth Pumpkin Workshop (490273)

Bring a roll of toilet paper, make a great fall decoration.
Tuesday, Sept. 29 • 10 a.m. • \$1

East Las Vegas Community/Senior Center

CLASSES & ACTIVITIES 229-1515

♥ = Heart Healthy Activities

Computer Room has open lab times. Please see center staff for days and times.



Monday

9 a.m.	Senior Trading Library	Free
♥ 9 a.m.	Mat & Stand-Up Exercise	\$2
9 a.m.	Open Computer Lab	Free
9 a.m.	Canasta, Cribbage and Pinochle	Free
♥ 10 a.m.	Chair Exercise	\$2
♥ 11 a.m.	Nintendo Wii	Free
♥ 11:30 a.m.	Tap Dance	\$2
11:30 a.m.	Lunch	\$2
♥ 12:15 p.m.	Blood Pressure Checks	Free
1 p.m.	Movie Madness (2 nd Monday)	Free
1 p.m.	Mexican Train Dominoes	Free
1 p.m.	Shutter Bugs Camera Club	Free
	(July 20, Aug. 24, Sept. 28)	
1 p.m.	Multi-Media Art Workshops	\$5
2 p.m.	Sr. Jazz, beginning	Call
4 p.m.	Sr. Jazz Class	Call

Tuesday

♥ 8:30 a.m.	Walking Group	Free
9 a.m.	Computer Class	\$10/3 weeks
9 a.m.	Acrylic Painting	\$5
9 a.m.	Canasta, Cribbage and Pinochle	Free
9 a.m.	Puzzle Club	Free
♥ 9 a.m.	Hula, beginning	\$5
♥ 10 a.m.	Hula, intermediate	\$5
♥ 10:30 a.m.	Hula, advanced	\$5
♥ 11 a.m.	Nintendo Wii	Free
11:30 a.m.	Lunch	\$2
12:30 p.m.	Bridge	\$3
1 p.m.	Senior Entertaining Group	Free
	(1 st Tuesday)	
1 p.m.	Cell Phone 101 (2 nd Tuesday)	\$1
♥ 1 p.m.	Korean Folk Dance	\$5
2 p.m.	Computer Class	\$10/3 weeks
♥ 3 p.m.	Japanese Dance	\$5
3:30 p.m.	One-on-One w/ Computer Tech	\$1
♥ 6 p.m.	Square Dance Lessons	\$4

Wednesday

♥ 9 a.m.	Mat & Stand-Up Exercise	\$2
9 a.m.	Morning Croquet	Free
9 a.m.	Canasta, Cribbage, and Pinochle	Free
♥ 10 a.m.	Chair Exercise	\$2
10:30 a.m.	Texas Hold ‘Em Poker	Free
10:30 a.m.	Guitar, beginning	\$5

Wednesday (continued)

11:30 a.m.	Lunch	\$2
12:30 p.m.	Piano, intermediate	\$5
12:30 p.m.	Texas Hold ‘Em Poker	\$2
1 p.m.	SLR Camera Class (7/22, 8/12, 9/16)	\$5
1 p.m.	Creative Senior Dance	Call
1 p.m.	Grief/Loss Support Group	Free
	(2 nd Wednesday)	
1:30 p.m.	Piano/Keyboarding	\$5
2 p.m.	Computer Class	\$10/3 weeks
2:30 a.m.	Spanish	\$5

Thursday

♥ 8 a.m.	Walking Group	Free
9 a.m.	Computer Class	\$10/3 weeks
9 a.m.	Canasta, Cribbage and Pinochle	Free
♥ 9 a.m.	Tap Dance	\$2
9:30 a.m.	Kids-to-Kids Book Cleaning	Free
10 a.m.	Crafty Fun (2 nd Thursday)	Free
10 a.m.	Red Hat Society (1 st Thursday)	Free
10:30 a.m.	Open Computer Lab	Free
10:30 a.m.	Senior Advocate	Free
11:30 a.m.	Tap Dance, advanced	\$2
11:30 a.m.	Lunch	\$2
Noon	eBay Class	\$20/4 weeks
♥ Noon	Tai Chi	\$5
1 p.m.	Silversmithing	\$5
♥ 1 p.m.	Ballroom Dance	\$5
2 p.m.	Computer Class	\$10/3 weeks
3:30 p.m.	One-on-One w/Computer Tech	\$1
♥ 7 p.m.	Square Dance	\$3

Friday

♥ 9 a.m.	Mat & Stand-Up Exercise	\$2
9 a.m.	Quilting Social	Free
9 a.m.	Canasta, Cribbage and Pinochle	Free
9 a.m.	Open Computer Lab	Free
♥ 10 a.m.	Chair Exercise	\$2
♥ 11 a.m.	Hula Practice	\$3
♥ 11 a.m.	Yoga	\$3
11 a.m.	Quilting Class	\$3
11:30 a.m.	Lunch	\$2
12:30 p.m.	Round Table Book Club	Free
	(1 st Friday)	
1 p.m.	Fun Fridays (7/10, 8/21, 9/4)	\$2
2 p.m.	Digital Camera Class	\$20
	(Aug. 28-Sept. 18)	

East Las Vegas Community/Senior Center (continued)

EVENTS

Please register at least one week in advance.

Monthly Breakfast

Thursdays • 9–10 a.m. • \$2
Aug. 13 (489706) Sept. 3 (489756)

Yankee Doodle Dash (489708)

Wednesday, July 1 • 8:30 a.m. • Free
One-mile fun walk and a steady stroll (inside of course).
Red White and Boom Breakfast afterward.

Red White and Boom Breakfast (489709)

Wednesday, July 1 • 9 a.m. • \$2
Join us for breakfast and celebrate Independence Day!

Big Banana Split Bash (489710)

Wednesday, July 15 • 12:30 p.m. • \$2
Celebrate National Ice Cream Month at the Annual Big
Banana Split Bash

Water Balloon Tag (489711)

Friday, July 24 • 9:30 a.m. • Free
Combine the games of tag and hide and seek with a twist.
Individuals and teams get cooled off while trying to get
as many points as possible.

Puzzlemania (489713)

Friday, Aug. 14 • 1 p.m. • \$2
An afternoon for brain teasing fun.



Summer Luau (489714)

Wednesday, Aug. 19 • 11:30 a.m. • \$5
A Hawaiian feast, dancing, entertainment and lots of fun.
Reservations are required at front desk or call 229-1515.

Rockin’ to the 50s (489715)

Monday, Aug. 24 • 11:30 a.m. • \$3
Prizes for karaoke, best dressed and knowledge of 1950s
music. Burgers, fries and ice cream sodas. Registration
required.

Texas Hold’em Tournament (489707)

Wednesday, Aug. 26 • 1–3 p.m. • \$2
No cash buy in and prizes will be awarded.

New Moon Celebration (489716)

Friday, Sept. 18 • 11:30 a.m. • \$5
Celebrate with dance performances and Oriental food.

Bunco Tournament (489712)

Monday, Sept. 21 • 1 p.m. • \$2
No experience needed: learn as you roll the dice!

WORKSHOPS

Please register at least one week in advance.

iTunes (489956)

Tuesday, July 14 • 9–11 a.m. • \$2
Turn you CDs into digital files using iTunes.

Insurance 101 (489957)

Monday, July 20 • 11:30 a.m. • Free
Light Lunch included.

Photo Editing - Picasa & Photoshop Elements

Mondays • 1 p.m. • \$5
July 6 *Beginning Picasa* (489959)
Aug. 3 *Advanced Picasa* (489971)
Aug. 31 *Photoshop Elements* (489972)

Photobooks

July 16 • 9 a.m. • \$5

Spin it Again (489969)

Friday, July 22 • 2–4 p.m. • Free
Convert you old records and tapes into CDs.

Photo Matting (489973)

Thursday, Aug. 27 • Noon • Free

Cell Phone Texting (489962)

Thursday, Sept. 24 • 2 p.m. • Free

Word Processing

Tuesdays & Thursdays • 2-3:30 p.m. • \$10
July 14, 16, 21 & 23 (489960)

55 Alive Safe Driving courses

\$12 AARP members; \$14 non-members payable
to AARP. Call to register.
9:30 a.m.-4:30 p.m. July 16 (489964)
Aug. 20 (489965) Sept. 17 (489966)

Cooking Workshops

2 to 4 p.m. • \$2
July 8 *Cool whips creations* (489963)
Aug. 12 *Dips and sauces* (489967)
Sept. 9 *Southern cooking* (489968)

Lei Making (489958)

Tuesday, Aug. 18 • 10 a.m.



Color Theory (490006)

Wednesday & Thursday, July 8 & 9
Two-day workshop by guest artist Collin Pringle.

Howard Lieburn Senior Center

CLASSES & ACTIVITIES

229-1600

♥ = Heart Healthy Activities
* = Computer lab closed during classes.
** = Supplies Extra



Monday

8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
♥ 8 a.m.	Table Tennis	Free
♥ 9 a.m.	Fitness Assessment (Call 229-1604)	\$10
♥ 9 a.m.	Yoga	\$5
♥ 10 a.m.	Fitness Assessment (Call 229-1604)	\$10
10 a.m.	Multi-Media Art Class	\$3
10 a.m.	SLR Camera Class (1 st Monday)	\$5
Noon	Red Hat Goodtime Girls (1 st Monday)	Free
Noon	Daughters Utah Pioneers (2 nd Monday)	Free
Noon	Party Bridge	Free
Noon	Ceramics NEW!	\$5
♥ Noon	Low-Impact Aerobics with Natalie	\$3
Noon	Red Hat Ladies of Joy (3 rd Monday)	Free
1 p.m.	Lecture Series (3 rd Monday)	Free
1 p.m.	Digital Camera Club (2 nd Monday)	Free

Tuesday

8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
♥ 8:30 a.m.	Walk & Talk Walking Club	Free
♥ 9 a.m.	Strength & Flexibility Exercise	\$1
9:30 a.m.	Computer Class	\$6/3 weeks
10:30 a.m.	Spanish, Conversational NEW!	\$3
11 a.m.	Computer Class	\$6/3 weeks
♥ 11 a.m.	In Balance Training with Doris	\$3
11:30 a.m.	Red Hat Lieburnettes (2 nd Tuesday)	Free
Noon	Bridge (Open)	Free
Noon	C.C. Senior Advocate Advice	Free
12:30 p.m.	Intro to eBay & More	\$20/4 weeks
12:30 p.m.	N.A.R.F.E.	Free
1 p.m.	World Cuisine Club (2 nd Tuesday)	\$2
♥ 1 p.m.	Fitness Assessment (Call 229-1604)	\$10
1 p.m.	New Hope Grief/Loss Support Group	Free
♥ 2 p.m.	Fitness Assessment (Call 229-1604)	\$10
2:30 p.m.	Online Job Hunting NEW!	\$6/3 weeks (1 st , 3 rd , and 4 th Tuesday)

Wednesday

8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
♥ 8 a.m.	Table Tennis	Free
8:30 a.m.	Breakfast Nook (1 st Wednesday)	\$2
♥ 9 a.m.	Circuit Training (Instructor Approval)	\$3
9:30 a.m.	Guitar	Free

Wednesday (continued)

9:30 a.m.	Kids-to-Kids (1 st and 3 rd Wednesday)	Free
10 a.m.	Cell Phone One-to-One (3 rd Wednesday)	\$2
10 a.m.	Digital Photography Class	\$20/4 weeks
11 a.m.	Nimble Thumbs Knitting/ Crochet Club	Free
11 a.m.	Reader Theatre Club	Free
Noon	Pinochle	Free
Noon	Texas Hold 'Em Poker	Free
♥ Noon	Low-Impact Aerobics with Natalie	\$3
1 p.m.	Computer Class	\$6/3 weeks
♥ 1 p.m.	Jazz & Tap Dancing	\$3

Thursday

8 a.m.	Ask the Master Gardener	Free
8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
♥ 8:30 a.m.	Walk & Talk Walking Club	Free
♥ 9 a.m.	Strength & Flexibility Exercise	\$1
♥ 9:30 a.m.	T.O.P.S.	First Meeting Free
9:30 a.m.	Computer Class	\$6/3 weeks
10 a.m.	N.A.R.F.E. Board Meeting	Free
10:30 a.m.	Hand & Foot Canasta	Free
10:30 a.m.	Mah Jongg NEW!	Free
11 a.m.	Computer Class	\$6/3 weeks
Noon	Party Bridge	Free
Noon	Quilting NEW!	\$3
1 p.m.	Movie/Trivia Day (1 st Thursday)	Free
1 p.m.	Nintendo Wii (2 nd , 3 rd , 4 th Thursday)	Free
1 p.m.	N.A.R.F.E. General Meeting (2 nd Thursday)	Free
2:30 p.m.	New Member Orientation (1 st Thursday)	Free

Friday

8 a.m.	Lieburn Game & Puzzle Club	Free
8 a.m.	Open Computer Lab*	Free
♥ 10 a.m.	Chi Kung	\$5
♥ 10 a.m.	Blood Pressure/Heart Rate Checks (2 nd Friday)	Free
10 a.m.	Canasta	Free
♥ 11 a.m.	Tai Chi	\$5
11 a.m.	Lieburn Luncheons (7/17, 8/14, 9/11)	\$4
12:30 p.m.	Spanish, beginning NEW!	\$3
Noon	Pinochle	Free
1 p.m.	Lieburn Socials (8/28, 9/25)	\$3
♥ 2 p.m.	Zumba (Latin Aerobics)	\$3

EVENTS

Please register at least one week in advance.

Sixth Annual Lieburn Senior Center Health & Wellness Fair

Friday, July 24 • 10 a.m.-2 p.m. • Free
Get a wealth of information on health, wellness and community programs for seniors. Door prizes all day, refreshments served.

New Member Orientation

Meet the center staff and discover all of the activities available.
Thursdays • 2:30 p.m. • Free
July 2, Aug. 6, Sept. 3

Breakfast Nook

Wednesdays • 8:30 a.m. • \$3
July 1 (479800) Aug. 5 (479801)
Sept. 2 (479802)



World Cuisine Cooking Club

Learn recipes from exotic places around the world. Taste testing is mandatory!
Tuesdays • 1-3 p.m. • \$2
July 14 (479758) Aug. 11 (479759)
Sept. 8 (479760)

Luncheons

Reservations required at least two days prior to each lunch.
Fridays • 11 a.m. (food served at 11:30 a.m.) • \$4
July 17 Independence Hall Luncheon (479803)
Aug. 14 Summer Salad & Sandwich Extravaganza (479804)
Sept. 11 South of the Border Luncheon (479805)

Lieburn Lecture Series

Free refreshments, free education and priceless empowerment.
Mondays • 1-3 p.m. • Free
July 20 Safe Food Preparation S.N.H.D. (479855)
Aug. 17 Shingles: What to do? S.N.H.D. (479856)
Sept. 21 Financial Security N.F.C.U. (479857)

Rock and Roll Social (479809)

Aug. 28 • 1 p.m. • \$3
Dress like your favorite rock star and get ready to karaoke.

Grandparent's Day Social (479810)

Sept. 25 • 1 p.m. • \$3
Bring your grandkids for fun and games.

WORKSHOPS

Please register at least one week in advance.

Picasa, Photoshop Elements and Photoscape

Enhance your photos digitally using digital photo software.
Mondays • 10 a.m.-Noon • \$5
July 20 (479783) Photoscape
Aug. 17 (479784) Picasa
Sept. 21 (479788) Elements

Computer Classes

Three-week classes begin the first week of each month. \$6 per session payable before first class.

July

• Internet (479762)
Tuesday & Thursday 9:30-10:30 a.m.
• Music and Pictures (479765)
Tuesday & Thursday 11 a.m.-Noon
• Online Job Hunting (479777)
Tuesday (1st, 3rd, 4th) 2:30-3:30 p.m.
• Intro to Computers (479768)
Wednesday 1-3 p.m.

August

• Intro to Computers (479763)
Tuesday & Thursday 9:30-10:30 a.m.
• Advanced Word Processing (479766)
Tuesday & Thursday 11 a.m.-Noon
• Online Job Hunting (479778)
Tuesday (1st, 3rd, 4th) 2:30-3:30 p.m.

September

• Intermediate Computers (479764)
Tuesday & Thursday 9:30-10:30 a.m.
• Social Networking-Facebook (479767)
Tuesday & Thursday 11 a.m.-Noon
• Online Job Hunting (479779)
Tuesday (1st, 3rd, 4th) 2:30-3:30 p.m.
• Windows (479770)
Wednesday 1-3 p.m.

AARP Safe Driving Course

Lower your insurance premium!
\$12 AARP members; \$14 non-members; payable to AARP. \$2 center membership card. Call to register.
Wednesdays/Thursdays • Noon-4 p.m.
July 15/16 (479844) Aug. 19/20 (479845)
Sept. 16/17 (479846)

iTunes (479858)

Turn your CDs into digital files by importing them in to iTunes.
Thursday, Sept. 24 • 2-3:30 p.m. • \$2

Las Vegas Senior Center

CLASSES & ACTIVITIES

229-6454

♥ = Heart Healthy Activities

The Center has a small library and billiards room open daily.



Monday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free
♥ 9 a.m.	Video Aerobics	Free
9 a.m.	Cribbage	Free
♥ 9 a.m.	Ping Pong/Table Tennis	Free
10 a.m.	China Painting	\$3
1 p.m.	Bingo Excitement	\$0.75 per session
5:30 p.m.	Hawaii Dance Company	Call
6 p.m.	So. NV Gem and Mineral Society (1 st Monday)	Call
♥ 6 p.m.	Round Dance, advanced	\$5
6 p.m.	Gold Prospectors (Last Monday)	Call

Tuesday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free
8:30 a.m.	Foot-Care Clinic (4 th Tuesday; By Appointment Only)	Call
♥ 9 a.m.	Indoor Walking Club	Free
9 a.m.	Senior Advocate (4 th Tuesday)	Free
10 a.m.	Japanese Embroidery	\$3
♥ 10 a.m.	Nintendo Wii	Free
10 a.m.	Woodcarving & Wood Burning	Free
♥ 10:30 a.m.	Tap Dance, beginning	\$3
11 a.m.	Hamburger Tuesday	\$2+
11 a.m.	Medicare SHIP Program (3 rd Tues. by appt.)	Free
11 a.m.	Purple Passions Red Hat Society (4 th Tuesday)	Call
♥ 11:30 a.m.	Tap Dance, intermediate/advanced	\$3
Noon	Porcelain Workshop	\$3
♥ 1 p.m.	Cowboy Mike's Line Dance Class (12 noon on 2 nd Tuesday)	\$3
1 p.m.	Monopoly Day (1 st Tuesday)	Free
1 p.m.	Senior Tripsters (2 nd Tuesday)	Call
3 p.m.	Jewelry Making (1 st Tues.)	\$5
1 p.m.	Texas Hold 'Em	Free
3 p.m.	Wire Wrapping (except 1 st Tuesday)	\$5
♥ 3 p.m.	Swing Dance with JoJo	\$5
5 p.m.	Silversmith Class	Call
♥ 5 p.m.	Tuesday Night Ballroom Dance	\$4

Wednesday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free
♥ 9 a.m.	Blood Pressure Screening	Free
♥ 9 a.m.	Croquet NEW!	Free
♥ 9 a.m.	Video Aerobics	Free
9 a.m.	Ukrainian Egg Design with Zoria	\$3
♥ 10 a.m.	Tai Chi with Billie Ann	\$3
10:15 a.m.	Info Services Committee Meeting (1 st Wednesday)	Free
♥ 11:30 a.m.	Ukulele Dance Practice (Must be in Ukulele Class)	Call
♥ 1 p.m.	Ballroom Dance Class with JoJo	\$5
♥ 1 p.m.	Shuffleboard	Free
3:30 p.m.	Desert Wins Duplicate Bridge	Call
♥ 6 p.m.	Round Dance Class	\$5

Thursday

8 a.m.	Open Computer Lab	Free
8 a.m.	Morning Media	Free
♥ 9 a.m.	Indoor Walking Club	Free
9 a.m.	Crochet and Knit	Free
9:30 a.m.	Wax In-Lay Beading	\$3
10 a.m.	Humanities Discussion Group	Free
10:30 a.m.	Quilting Workshop	\$3
Noon	Ukulele, intermediate	\$3
1 p.m.	Texas Hold 'Em Lessons/Class	\$3
1 p.m.	Afternoon Movie	Free
1 p.m.	Quilting Class	\$3
2 p.m.	Computers, beginning (Classes begin 7/23 & 9/10)	\$20/6 weeks
3 p.m.	Computers, intermediate (Classes begin 7/23 & 9/10)	\$20/6 weeks
3:30 p.m.	Na Mele Hui Ohana	Call
4 p.m.	Guitar, intermediate	\$3
♥ 4:30 p.m.	Hula, advanced	\$3
5 p.m.	Open Computer Lab	Free
6:30 p.m.	Frontline Recovery Group	Call

Don't lose your curiosity about life! It's never too late to explore a new activity.

Las Vegas Senior Center (continued)

Friday

8 a.m.	Morning Media	Free
8 a.m.	Open Computer Lab	Free
9 a.m.	Cribbage	Free
♥ 9 a.m.	Video Aerobics	\$2
9 a.m.	Oil Painting Class	\$3
♥ 10 a.m.	Tap Dance, beginning	\$3
♥ 10 a.m.	Ping Pong/Table Tennis	Free
♥ 11 a.m.	Belly Dance	\$3
11 a.m.	Frankfurter Friday	\$1 Hot Dog
11:30 a.m.	Ceramics	\$3
Noon	Chinese Mah-Jongg	Free
Noon	Computers, beginning (Classes begin 7/23 & 9/10)	\$20/6 weeks
Noon	Blue Card Duplicate Bridge	Call
1 p.m.	Computers, intermediate (Classes begin 7/23 & 9/10)	\$20/6 weeks
1 p.m.	Sing-Along Fun Time Singers	Free
1 p.m.	Afternoon Movie	Free
2 p.m.	Open Computer Lab	Free
♥ 5:30 p.m.	Dancegig East Coast Swing Instruction/Social	\$3
♥ 6:30 p.m.	Ballroom Basics Dance Class with JoJo	\$5

EVENTS

Registration begins the first working day of the month prior to the date of the event, unless otherwise noted.

National Ice Cream Month Celebration (489780)

Make your own ice cream Sunday!
Thursday, July 9 • 11:30 a.m.–1:30 p.m. • \$1

Red White and Blue Barbecue (489781)

Join us for a summer barbecue luncheon
Wednesday, July 15 • 11:30 a.m.–1 p.m. • \$4

Summer Birthday Bash (489790)

Celebrate your birthday with us! Eat birthday cake and sing a hearty version of "Happy Birthday" at the top of your lungs! (Free for those with birthdays in July, August and September).
Thursday, Sept. 24 • 2-3 p.m. • \$1



National Peach Month Luncheon (489782)

Come celebrate a summertime favorite- the peach! Try interesting dishes all flavored with this delicious fruit!
Wednesday, Aug. 12 • 11:30 a.m.-1:30 pm • \$4

EVENTS (continued)

Senior Citizens Day Celebration (489783)

Celebrate National Senior Citizens Day with us!
Friday, Aug. 21 • 1–3 p.m. • Free

Breakfast and Bingo (489784)

Join us for a pancake breakfast with eggs, bacon, juice and coffee. After breakfast play bingo for prizes!
Wednesday, Aug. 26 • 8:30–10:30 a.m. • \$3
Breakfast: 8:30–9:30 a.m.
Bingo: 9:30–10:30 a.m.

According to Hoyle Day (489785)

Try your hand a different card games!
Friday, Aug. 28 • 1-3 p.m. • Free

Oatmeal Day (489786)

Enjoy a healthy, delicious bowl of oatmeal with all the toppings!
Friday, Sept. 4 • 10 a.m.-2 pm • \$2

Monthly Texas Hold 'Em Poker Tournament

Tuesdays • 12:30–4 p.m. • \$2
July 21 (489806) Aug. 18 (489807)
Sept. 15 (489808)

End of Summer Luncheon (489787)

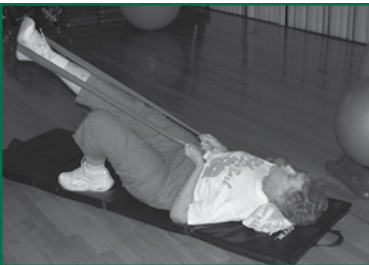
Say goodbye to the heat with our end-of-summer celebration!
Wednesday, Sept. 9 • 11:30 a.m.- 1:30 pm • \$4

International Chocolate Celebration (489789)

Here's your chance to sample some chocolates from around the world. Join us for a light luncheon and a sampling of chocolates from Sweden, Germany and more!
Monday, Sept. 14 • 11:30 a.m. • \$4

National Women's Health Fitness Day (489788)

Your health and fitness are important, so come to this fitness workshop to learn more. Activities will include fitness class/demonstration, a cooking class and women's health information. Sign up in advance – space is limited.
Wednesday, Sept. 30
10 a.m. • Free



EVENTS (continued)

New Members Reception (496256)

Did you join the Las Vegas Senior Center in the last six months? Do you have questions? Let us welcome you as a new member to all that Las Vegas Senior Center has to offer. Please call to register for the event. Friday, Sept. 11 • 2–3:30 p.m. • Free

Auditions For Senior Idol

It’s your time to shine! Participate in group dance, individual dance, group vocals, individual vocals or comedy. Auditions will be held Monday, Aug. 24 and Tuesday, Aug. 25. Call 229-6454 for a registration packet. See preview section for show and ticket information.

Patio Parties

Beat those afternoon blahs by joining in some fun. Different activities offered each session! Mondays • 2:30–4 p.m. • \$1
July 6 Kabuki Cranium on the Wii (489773)
Aug. 3 Yahtzee Tournament (489774)

Bunco

No experience or skill needed- come learn as you play! Win prizes and enjoy light refreshments. Wednesdays • 1-3 p.m. • \$1
July 22 (489758) Aug. 26 (489760)
Sept. 23 (489772)

Tuesday Night Dances

Ballroom dance socials are held every Tuesday night with live music from Boyd Coulter and his band. Refreshments will be served at each second Tuesday of the month dance! Tuesday • 5-8 p.m. • \$4

WORKSHOPS

Please register at least one week in advance.

AARP Safe Driving Course

Lower your insurance premium!
\$12 AARP members, \$14 non-members (payable to AARP instructor)
July 13/14 1-5 p.m.
Aug. 10/11 1-5 p.m.
Sept. 11 8:30 a.m.-4:30 p.m.

Summer Craft and Tasting Tour

Join us for our summer mini craft workshops. Learn about some of our fantastic classes and complete a project in a day.
Mondays • 10 a.m.–Noon • \$2
July 20 (496257)
Red white and blue dessert and oragami art
Aug. 17 (496258)
Scrumptious smoothies and crafts with Jill
Sept. 21 (496259)
Sensuous soup and beaded jewelry making



Be heart smart!
The American Heart Association says most women are susceptible to heart disease or stroke. Discuss prevention measures with your doctor today.

Computer Classes



Facebook Follies (492310)
Have you always wanted to learn to use Facebook and set up your own account? This is your chance to learn at our one day workshop. You might even learn to be a farmer in farm town, :-) lol.
Thursday, Aug. 13 • 10:30 a.m. • Free

Beginning and Intermediate Computer
Join us for monthly computer classes taught by our experienced instructor. Beginning computer (basic windows and Word) and Intermediate computer (e-mail and the Internet) classes are held for six weeks in one hour classes on Thursday and Fridays. New classes begin on Thursday, July 23, and Thursday, Sept. 10. See schedule on page 13 for class times and start dates.

Active Adult/Senior Center Day Trips

Join us for fun-filled day trips!

Participants must have a current membership. Advance registration and a \$2 non-refundable transportation fee are required per trip. Space is limited for each trip and additional costs are noted. Additional costs must be paid day of trip directly to the trip location. Participant is responsible for providing his/her own lunch or purchasing lunch where noted, as well as any personal spending money. Please call the individual facility for more information.

Dates Registration Opens

June 1 - July Day Trips • July 1 - August Day Trips • Aug. 1 - September Day Trips

Centennial Hills Active Adult Center229-1702			<u>Additional Cost</u>
Breakfast & a Movie (478654) <i>Enjoy breakfast and watch a movie at a local casino.</i>	July 7	10 a.m.–2:30 p.m.	Personal \$
Gilcrease Orchard (478655) <i>Pick fresh fruit that is grown locally in Las Vegas.</i>	July 10	8 a.m.–Noon	Cost of fruit
Bowling and Lunch (478665) <i>We’re going to Red Rock Station to hit the lanes and eat lunch.</i>	Aug. 11	9:30 a.m.–2:30 p.m.	Bowling & Lunch \$
Dr. Auto Car Class (478664) <i>Learn tips on how to care for your car.</i>	Sept. 30	5:30–8 p.m.	



Swimming with the Sharks (478666)
Aug. 26 • 9:30 a.m.-2:30 p.m.
Personal \$
Swim in the pool or go down the middle of the shark tank on the glass slide.

Derfelt Senior Center	229-6601	<u>Additional Cost</u>	
Mt. Charleston Hike (488156)	July 10	8 a.m.	
<i>National Park Service Presentation of History & Biology of Mountain Range. Bring sack lunch and water. Advanced level hike.</i>			
Encore Scavenger Hunt (488160)	July 17	9 a.m.	Lunch \$
<i>Investigating the Encore, answering trivia questions and finding out interesting details.</i>			
“M” Photo Hunt (488161)	Aug. 14	9 a.m.	Lunch \$
<i>Check out “M”, Vegas’ newest casino, in a new way as you look for specific objects in this eyeball bender photo hunt.</i>			
Sunbelt Auto Museum Guided Tour (488158)	Aug. 21	9 a.m.–12:30 p.m.	
<i>Enjoy the beauty and splendor of a rare and private auto museum that has more than 200 restored cars.</i>			
Lee Canyon: Champion Road Wash Hike (488165)	Sept. 11	8 a.m.	
<i>Advanced level hike in the cool mountain air. Bring lunch and water and wear appropriate clothing.</i>			
Downtown Cultural Series Day Trip (488159)	Sept. 18	11 a.m.	
<i>(no Downtown Cultural Series in July or August)</i>			

Doolittle Senior Center		229-6125	<u>Additional Cost</u>
NBA Summer League (490241)	July 15	Noon–4 p.m	
<i>Enjoy Basketball? This is a very exciting excursion each year full of laughter and excitement.</i>			
Breakfast Buffet and Movie (490411)	July 17	(490412) Aug. 21	(490237) Sept. 18
		9 a.m.–2:30 p.m.	Movie/Breakfast \$
<i>Join us for a trip to the Texas Station Feast Buffet and then on to a new release movie. Space is limited.</i>			
UNLV Dentistry College Tour and Lunch (490239)	Sept. 30	10 a.m.–3:30 p.m.	Lunch \$



Mall Hopping (490238)
Sept. 30
9 a.m.–3:30 p.m.
Shopping/Lunch \$
Wear some comfortable shoes for a shopping trip.
We will visit two malls.

East Las Vegas Community/Senior Center.....		229-1515	<u>Additional Cost</u>
Studio B (489725)	July 22	9 a.m.	Lunch \$
<i>Join us and be a guest of the Studio B.</i>			
CSI Unit (489726)	July 13	10 a.m.	Lunch \$
<i>Have you ever wanted to learn about the behind the scenes of a CSI Unit? Well here is your chance.</i>			
Breakfast and a Movie (489727)	Aug. 12	9 a.m.	Lunch \$
<i>See the latest summer blockbuster!</i>			
Mt. Charleston Hike (489728)	Sept. 2	9 a.m.	
<i>Bring a lunch, water bottle and closed toe shoes.</i>			



Digital Camera field Trip (489717)
Sept. 23
9 a.m.
Bring your camera and learn tips and tricks on taking better photos.



Howard Lieburn Senior Center.....		229-1600	<u>Additional Cost</u>
Ferdinand and the Bull (479795)	July 10	10:30 a.m.	\$3
<i>Narrated ballet performed at the Charleston Heights Arts Center.</i>			
Hoover Dam Power Plant Tour/Digital Camera Outing (479794)	July 20	8:30 a.m.–2 p.m.	\$9 for tour
<i>Bring your camera to photograph the Dam and enjoy lunch in Boulder City.</i>			



Bowling at the Red Rock Casino (479796)
Aug. 11
9:30 a.m.
Bowling \$

Swimming with the Sharks (479797)	Aug. 26	9:30 a.m.	
<i>Swimming, eating lunch and relaxing at the Golden Nugget.</i>			
Downtown Cultural Series Day Trip (479799)	Sept. 18	11 a.m.	
Hiking - Techatticup Natural Bridge-El Dorado (479798)			
<i>Hike in the beautiful desert near El Dorado Canyon.</i>	Sept. 28	8:30 a.m.-3 p.m.	Bring lunch

Las Vegas Senior Center.....		229-6454	<u>Additional Cost</u>
Shopping At the Galleria Mall (489792)	July 8	9 a.m.–3 p.m.	Personal/Lunch \$
<i>Take a day off from the heat and shop in Henderson’s Galleria Mall.</i>			
Pin Ball Museum and Movie (489793)	Aug. 5	9 a.m.–3:30 p.m.	Personal/Lunch \$
<i>Does playing pinball bring back memories for you? Visit the local Pinball museum and go to the movies and lunch.</i>			
Yard Sales (489794)	Sept. 25	8:30 a.m.- 3:30 p.m.	Personal/Lunch \$
<i>Search for your treasures as we tour the town’s yard sales!</i>			



Geocaching and Picnic at Mt. Charleston (489795)
Sept. 2 • 8:30 a.m.–3:30 p.m.
Bring lunch
Take a trip out of town and away from the heat for a fun picnic and Geocaching on Mt. Charleston!
No GPS necessary.

Upcoming Events



Mark your calendar now!

October 2009

- Community Wellness Series – Stress Less***Derfelt Senior Center*
Learn tips and techniques to eliminate some of the stress in your life. Oct. 1 • 9 a.m. • Free
- River Mountains Loop Trail Hike (Part 1)**.....*Derfelt Senior Center*
Part one of a three part hike on the beautiful River Mountain Loop Trail. Oct. 2 • 8 a.m. • \$2
- Health Presentations and Flu Shots***Doolittle Senior Center*
Southern Nevada Health District Flu information session and shots.
Registration begins Sept. 6. Oct. 6 • 10:30–11:30 a.m. • Free
- Toenail Clipping Clinic***Derfelt Senior Center*
Dr. Marek returns for another clinic. First come, first served. Oct. 8 • 11:45 a.m. • Free
- Oktoberfest**.....*Derfelt Senior Center*
Authentic German recipes highlight this seasonal celebration. Oct. 14 • 11:30 a.m. • \$5
- Annual Poker Tournament**.....*Las Vegas Senior Center*
Class Thursday, 1 p.m. to hone your skills! Oct. 20 • 12:30 p.m. • \$3
- Murder Mystery Luncheon**.....*Las Vegas Senior Center*
Come to the annual Halloween Murder Mystery Luncheon. Oct. 28 • 11:30 a.m. • \$5
- Annual Senior Idol Talent Extravaganza***Las Vegas Senior Center*
Talent showcase at Charleston Heights Arts Center. Oct. 1 • 4 p.m. • \$4
Tickets go on sale Sept. 1.



PARKS, TRAILS & OPEN SPACES

Total Park Acreage	1,700 acres	
Walking Path Mileage.....	70 miles	
Trails Planned	132 miles	
*Park Name	Ward	Mileage
Firefighter’s Memorial Park	1	0.86
All-American Park	2	0.80
Freedom Park	3	0.75
Kellogg-Zaher Park	4	2.2
James Gay III Park	5	0.68
Centennial Hills Park	6	1.50
Additional parks include walking/jogging trails.		
*For detailed information on the parks located in the city of Las Vegas, visit www.lasvegasparksandrec.com .		

Upcoming Events (continued)

November 2009

- Shelby American Museum Tour and Lunch**.....*Doolittle Senior Center*
See some of the most famous cars ever produced. Nov. 4 • 9:30 a.m.–3:30 p.m.
Followed by lunch at Main Street Station. \$2 + Lunch \$.
- Community Wellness Series: Women’s & Men’s Health**.....*Derfelt Senior Center*
Learn the best health habits specific for your gender Thursday, Nov. 5 • 9 a.m. • Free
- Veterans Celebration***Las Vegas Senior Center*
Help us honor our veterans and their service to our country. Nov. 10 • TBA • Free/\$3
- River Mountains Loop Trail Hike (Part 2)**.....*Derfelt Senior Center*
Part two of a three part hike on the beautiful River Mountain Loop Trail. Friday, Nov. 13 • 8 a.m. • \$2
- Thanksgiving Luncheon***Derfelt Senior Center*
Enjoy a traditional Thanksgiving feast. Nov. 18 • 11:30 a.m. • \$5
- Thanksgiving Luncheon***Las Vegas Senior Center*
Join us for a traditional Thanksgiving Luncheon with all the trimmings. Nov. 24 • Noon • \$5
- Texas Hold ‘Em Tournament***Derfelt Senior Center*
Who is the best in town? No-limit tournament with light lunch. Nov. 30 • 11:30 a.m. • \$3

December 2009

- Holiday Tea**.....*Las Vegas Senior Center*
Join us for a sit-down dress-up tea! Dec. 15 • 11:30 a.m. • \$5
Registration starts November 2 at 8 a.m.
- River Mountains Loop Trail Hike (Part 3)**.....*Derfelt Senior Center*
Part three of a three part hike on River Mountain Loop Trail. Dec. 11 • 8 a.m • \$2
- Holiday Luncheon**.....*Las Vegas Senior Center*
Enjoy a holiday luncheon with all the trimmings. Dec. 9 • 11:30 • \$4

Did you know?

- Studies indicate that mental activities such as Scrabble and crossword puzzles help prevent Alzheimer’s disease.
- Art projects can be therapeutic and relaxing.
- Group activities can help prevent depression, which is common among older populations.



Downtown Senior Services Center

Your one-stop shop for senior services from the City of Las Vegas!

Bridger Health Center

310 South 9th St., Suite 110
220-9932

Medical services include geriatrics, family practice, women’s health, and lab services provided by Nevada Health Center. Medicare, Medicaid, and most insurances are accepted. A sliding-fee scale is offered for qualified, uninsured patients.

Senior Citizens Law Project

310 S. 9th St., 2nd Floor
229-6596

Provides legal counsel and assistance to Clark County residents 60 years of age and older. See next page for more information.

Jude 22 Senior Nutrition Center

300 S. 9th St.
229-1142
Monday-Thursday, 8:30 a.m.-1:30 p.m.
Friday, 8:30-11:30 a.m.
Closed 11:30 a.m.-Noon

Emergency food assistance available for adults age 60 and older who meet low-income federal guidelines.



The Department of Leisure Services is committed to the fair, honest, and professional treatment of all individuals and organizations with whom we serve. We fully support the Americans with Disabilities Act (ADA) and are dedicated to customer satisfaction. If you are an individual with a disability or a parent of an individual with a disability and require program modifications, please contact the program supervisor two weeks prior to the program start date. Program modifications will be made on an individual case-by-case basis. The City of Las Vegas Department of Leisure Services prohibits discrimination based on race, color, national origin, age, or disability in its programs and activities. If any individual believes he or she has been discriminated against, he or she may file a discrimination complaint with the Director, Equal Opportunity Program, U.S. Department of the Interior, National Park Service, P.O. Box 47127, Washington, DC 20013-7127.



Nevada 2-1-1 helps connect seniors with resources.

Have you ever needed help finding a resource to assist you with a problem you face? Nevada 2-1-1 is a great resource that can connect you to agencies that can provide answers.

Call 2-1-1 for information about:

- Basic human services
- Physical and mental health resources
- Employment support services
- Programs for children, youth, and families
- Support for seniors and persons with disabilities
- Volunteer opportunities and donations
- Support for community crisis or disaster recovery

You can also access this information online at www.nevada211.org.

The City of Las Vegas Senior Citizens Advisory Board helps Las Vegas serve seniors.

This group of advocates works on your behalf to help provide workshops, create partnerships, and advise the City Council and staff about the needs of our senior population.

The Senior Citizens Advisory Board meets on the second Thursday of each month at 1:30 p.m. at the Downtown Senior Services Center. The meetings are open to the public and we encourage you to share your opinions with the Board.

Senior Citizens Law Project

The city of Las Vegas Senior Citizens Law Project provides quality legal counsel and assistance to Clark County residents age 60 years and older. There is no fee for service; however, donations are accepted. Clients are seen daily Monday-Friday, 9 a.m. to 4 p.m., by appointment only. *Call 229-6596 to schedule an appointment.*

The Senior Citizens Law Project presently provides advice and assistance in matters which include:

- Government Benefits and Entitlements
- Estate Planning Issues
- Elder Rights Issues
- Consumer Matters
- Housing Matters
- Long-Term Health Care Issues
- Miscellaneous Services
- Outreach



Weekly Legal Assistance

Monday, Tuesday, Wednesday, Friday 9 a.m.-4 p.m. • By appointment only.
Appointments for matters including, but not limited to, general legal information, advance directive/planning for incapacity, consumer matters, Social Security assistance, landlord/tenant assistance, estate planning, bankruptcy pre-screening, financial review, petition and order for release of medical records, homestead document preparation, petition for sealing records, petition for name change, petition to open safe deposit box, affidavit of entitlement, document preparation and/or notarization, and affidavit terminating joint tenancy.

Thursday 9 a.m.-4:30 p.m. • By appointment only.
Will signing: Clients who have had a last will and testament prepared by the Senior Citizens Law Project return to the office to execute their legal instrument.



Self-Help Seminars

Ask a Lawyer - General Legal Seminars
Come join an elder law attorney from the Senior Citizens Law Project for a free general legal seminar on legal issues relating to seniors. Space is limited; call 229-6596 for more information. No one-on-one appointments available.

Henderson Senior Center
27 E. Texas Ave.
Tuesdays – July, 7, Aug. 4, Sept. 1
9 a.m.–11 p.m.

Boulder City Senior Center
1001 Arizona St.
Tuesdays – July 14, Aug. 11, Sept. 8
9 a.m.–11 p.m.

Community Seminars
Coffee Talk – General Legal Seminar
Come join an elder law attorney from the Senior Citizens Law Project for coffee and refreshments while conducting a FREE general legal seminar on legal issues relating to seniors. No one-on-one appointments available.

Centennial Hills Active Adult Center229-1702
6601 N. Buffalo Drive
Tuesday, July 7
10 a.m.–11:30 p.m.

Doolittle Senior Center229-6125
1930 N. J St. (J Street & Lake Mead)
Tuesday, Aug. 4
10 a.m.-11:30 p.m.